

How to Talk to Your Doc

How do you talk to your doctor? Are you afraid to speak up about problems or ask questions? Do you have difficulty understanding what your doctor is saying?

Your relationship with your doctor, more specifically how you communicate with him/her, greatly impacts your health care experience and potentially your health. The ability to openly talk to your doctor, share information, and work together to make the best decisions will ultimately determine the level of care you receive. This article outlines some important tips to assist you in communicating with your physician more effectively.



Be Prepared:

Fully explain to your doctor any current and past health issues or concerns. The more information you share the better the doctor can understand your situation. You may consider bringing the following materials to your next exam:

- A list of current symptoms you are experiencing
- A list of your questions with a pen to jot down the answers
- Knowledge of your family health history and an outline of your own health history
- A list of all medications with doses and frequency; including vitamins and supplements
- Any relevant x-rays, test results, or medical records

Ask questions:

Doctor's offices are busy places with ringing phones and a crowded waiting room, which means you may only have 10-15 minutes for your visit with the doctor. It is important to have questions ready to make the most of your limited time. Don't be afraid to speak up during your exam. If you do not ask questions, the doctor will think you understand everything. Here are some tips:

- Write questions down before your appointment
- Ask every time you do not understand something
- Tell your doctor when you need more time to discuss something

Take information home:

Written or recorded information can help you remember details or instructions anytime you need it. Don't be afraid to ask for this type of information. The types of information you may be able to take home include:

- Notes you took during your appointment. It's a good idea to bring a friend or family member with you to write down answers
- Written instructions/handouts from your physician
- Consider taking a tape recorder with you to tape record your discussions with your doctor
- Brochures or other educational materials

Follow up:

Be sure to follow any instructions your physician provides; take medications per instruction, and schedule any requested tests or additional appointments. If you are confused or require additional instruction it's alright to contact your doctor. The following are some reasons to call:

- You have further questions after the appointment. Ask to leave a message with the doctor or speak with a nurse or physician's assistant
- You begin having problems/side effects with your medications or start to feel worse
- You had tests and have not received the results



Sources:

Association for the Advancement of Retired Persons (AARP)
www.aarp.org

American Academy of Family Physicians; familydoctor.org

Upcoming Events

Weight Watcher® at Work

The At Work Program® is a series of motivational meetings at the worksite designed to encourage safe, sensible weight loss and weight control. Each series lasts for 10 weeks and includes weekly, 45-minute meetings facilitated by trained Weight Watchers personnel who themselves have lost weight and kept it off with the Weight Watchers program. Each meeting includes a quarter hour, confidential weigh-in followed by a half-hour meeting. Cost includes weekly meetings and written program materials.

Cost: Participants pay \$59 (Benefit Options Wellness pays the remaining cost of the class).



Length: 45-minute classes held during a 10-week series

Participation: minimum of 18 participants required

Availability: Weight Watchers can bring a series of meetings to your worksite at a variety of times throughout the day. Because the lunch hour is the most popular requested time, the Wellness Program encourages considering "off" times during the day to increase the availability of Weight Watchers to fulfill the request (such as before work, 10:00, 1:30, etc.).

Additional options:

- A current meeting series may be in session in an agency near you at any given time. Please call Weight Watchers for the schedule.
- For groups who cannot meet the minimum Weight Watchers will start a group of employees who would attend regular meetings in their own neighborhoods.

To schedule a series or find an existing series, write to info@weightwatchersaz.com or call 1-800-651-6000, ext.

21. Please identify your agency when you call.



Weight Watchers At Work Program series fees are non-refundable and non-transferable. Members becoming pregnant or relocating outside of Arizona during a series may be eligible for partial refunds.

Mini Health Screening at Work

All State employees and Benefit Options members are eligible to participate in mini health screenings. Confidential results will be mailed to your home. These screenings are FREE, except where prices are indicated:

- Height & weight; blood pressure; and percent of body fat (body composition).
- Cholesterol (total lipid panel) and blood sugar (**8-hour fasting is required for this blood draw.**)
- Free osteoporosis screening for women 40 and older. \$35 for women under age 40.
- \$5 PSA screening (blood draw) for men 40 and older. \$40 for men under age 40.

You will need your Employee Identification Number (EIN) and Insurance card for this event



Phoenix: February 22— Dept. of Gaming
202 E. Earll Dr
9:00am-11:00am

If you are interested in scheduling a mini-screening at your worksite you can submit a request at:

www.benefitoptions.az.gov/wellness

Massage Therapy At Work

This program is open to all State employees. The cost is \$10 for a 15-minute massage and \$20 for a 30-minute massage.

Check the Wellness website for events scheduled in your county.



National StresStation will travel to worksites with at least 15 interested employees (and/or family members). Call National StresStation at 480-990-1701 to discuss having this program at your worksite.

MOM

Mobile On-site Mammography

Early detection is the best defense we have at this time for catching breast cancer in its earliest stages," says Catherine Midgette, Executive Vice President of MOM. "If we find the cancer in its earliest stages, the patient has a 97 percent survival rate." Mobile On-Site Mammography (MOM) travels to perform mammography screening at worksites across Arizona.

MOM will directly bill insurance. Benefit Options health plan members do not have to pay a copay at these events. (Other insurance plan members may have a copay. Check with your insurance's member service department for more information.)

Call MOM at 480-967-3767 to schedule your appointment.

This service is generally provided on a request-basis. Call MOM at 480-967-3767 or 1-800-285-0272 to schedule this service at your worksite. There is a minimum of 25 people required. The M.O.M. van will be parked outside the following locations:

Phoenix: *February 7* — AHCCCS
701 E. Jefferson
8:00am-2:00pm

Mesa: *February 15* — DMV
4123 E. Valley Auto Dr.
1:30pm-5:30pm

Phoenix: *February 21* — Public Safety
3010 E. Camelback
9:00am-11:00am

What Services & Programs are Offered by Benefit Options Wellness?

The Wellness website has the complete list of screenings, classes and other programs available to be requested and scheduled at State worksites.

Wellness events are requested and coordinated by State employees at worksites. Most programs are available throughout Arizona. If you are interested in hosting a program at your worksite, visit the Wellness website to view what is available and learn

"How To Request and Schedule Worksite Events."

Event requests must be submitted online. Complete the brief form, including contact information and the event requested and hit "submit!" A Wellness team member will reply to your request.

[Online Event](#)

[Request Form](#)



Balancing Work, Family, and Self



February 1 9:00am-10:00am

ADOT: 2407 E. Navajo Blvd, Holbrook

Registration Required

Email Rose at rgabaldon@azdot.gov to sign up

Surviving Stress with Self Massage



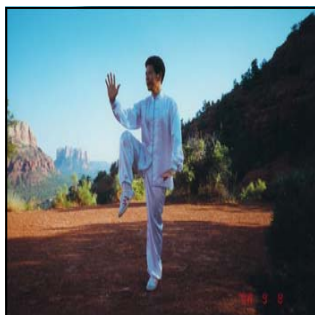
February 1 10:00am-11:00am

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TAI CHI CLASS



**Wednesdays, March 7 — April 28,
2007**

**Dept. of Health Services
1740 W Adams
Basement Activity Room**

Beginner Class: Noon—1pm

Beginner Class: 1pm—2pm

Advanced Class: 2pm—3pm

Tai Chi is a natural solution to reducing stress and increasing activity level. Taught in the traditional format by Master Jesse Tsao, these classes include discussion about the practice and benefits of tai chi and step by step instructions on postures. Class fee is \$40, payable to instructor at the first class meeting. Dress comfortably.

REGISTRATION REQUIRED!

Registration will be open from
February 20 to February 28th

Contact Wellness at: 602-771-9355 or
wellness@azdoa.gov

**Please include: Name, Agency, Work phone, and
the Class you are interested in.**

**Class size is limited to 15 participants and
enrollment will be first come first serve!**

February: Heart Health Month



The bad news: Heart health is a major concern for Americans. The number of Americans with heart disease, otherwise known as cardiovascular disease (CVD), continues to rise and is the leading cause of death in the United States.

The good news: Most risk factors (variables that increase your risk for heart disease) for CVD are controllable and heart disease can be preventable.

There are a number of variables that contribute to your heart health including genetics, cholesterol levels, stress, nutrition, blood pressure, and physical activity.

Increasing your physical activity has a positive influence on heart health and helps to control other negative variables (cholesterol, blood pressure, etc). Becoming physically active can both improve poor health and prevent poor health.

While exercise is important, health benefits can be obtained by simply adding physical activities your daily life. Physical activity can be added to your day in a number of ways; at home or at work

Home:

- Do your own housework. Try to increase the speed at which you do the housework.
- Work in the yard or mow the grass. (No riding mowers) Rake leaves, prune, and pick up trash.
- Go for a short walk before breakfast or dinner Start with 5-10 min. and work up to 30 mins.
- Play with the kids, tag, bicycling and trampolines are good activities.
- Walk the dog.

Work:

- Brainstorm project ideas with a co-worker while taking a walk.
- Walk down the hall to speak with someone rather than using the telephone or email.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- Walk around your building for a break during the work day or during lunch.

Source: American Heart Association

Created and published by ADOA , Benefit Options
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100 N 15th Ave, Suite 103 Phoenix, AZ 85007

www.benefitoptions.az.gov/wellness
email: wellness@azdoa.gov, phone 602-771-9355

Persons with a disability may request accommodations by contacting the ADOA Benefits Office. If you need this issue in alternative format, please call 602-771-9355

**benefit
options
wellness!**
Be Well Stay Well.